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Tampa YMCA Expands Program for Arthritis Patients

TAMPA, FL – (May 7, 2018) – The Tampa Metropolitan Area YMCA is now able to improve the health of more older adults, thanks to a recent expansion of its program proven to help those with arthritis. The Tampa YMCA now offers Enhance®Fitness at five different Ys in Tampa Bay.

EnhanceFitness is a proven senior fitness and arthritis management program that improves endurance, strength, balance and flexibility. It reduces arthritis symptoms with safe, low-impact exercises led by certified Y instructors in a relaxed atmosphere that promotes fun and friendship. The U.S. Centers for Disease Prevention and Control recognizes the national evidence-based physical activity program as particularly safe and effective for older adults living with arthritis. The CDC also designated EnhanceFitness as a Fall Prevention Program in 2017.

For 16 weeks, EnhanceFitness participants meet three times a week for an hour, where they experience aerobic workouts, strength training, stretching and balance work.

EnhanceFitness is now offered at the following Ys:

Bob Sierra North Tampa Family YMCA: Monday/Wednesday/Friday at 11:30am

Campo Family YMCA: Monday at 12:45pm and Wednesday/Friday at 8:00am

East Pasco Family YMCA: Monday/Wednesday/Friday at 1:00pm

Plant City Family YMCA: Monday/Wednesday/Friday at 12:15pm

South Tampa Family YMCA: Monday/Wednesday/Friday at 10:00am

For more information, [click here](#), contact EnhanceFitness@tampaymca.org or stop by one of the [participating Ys](#).

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About the Tampa Y

The Tampa Metropolitan Area YMCA is a cause-driven [4-star charity](#), strengthening Hillsborough and East Pasco communities for 129 years, through youth development, healthy living and social responsibility. Across the Association, 18 facilities engage nearly 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. www.tampaymca.org